

Drafting – Social Distancing.

- Drafting is detailed in CTT regulations:

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.

You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

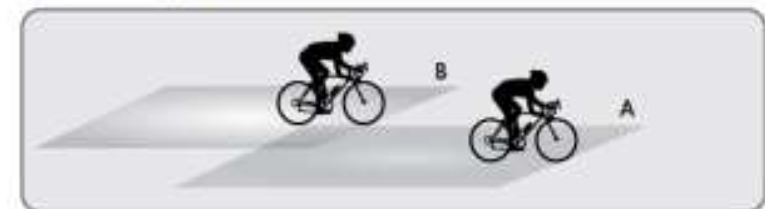
This far exceeds that of 2m guidance (note this is not a legal requirement in England) and for assistance and the avoidance of doubt, when considering infractions of drafting (ensuring the RA is being adhered to is essential) it maybe helpful to use the triathlon drafting box:

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors



Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.